

Grades 9-12 Lunch Menu Planning Template - Ten Day

Sponsor #	Sponsor	Contact Name
1234	Our School	Our Site Manager

Grade Group: **9-12**

		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternates Daily minimum: 2 oz. eq. Weekly minimum: 10 oz. eq.	Item	Falafel Sliders	Vegetable Quesadilla (USDA Recipe)	Black Bean Veggie Burger (CN)	Hummus and Veggie Pita	Cheese Pizza with Garden Salad
	Portion	3 falafels = 1.6 oz	1 oz black beans	2.9 oz. patty (2 oz black beans)	1/2 cup hummus – USDA recipe E-24	1 slice (4.6 oz shredded Mozzarella cheese)
	Contribution (oz. eq.)	1.5 M/MA	1 M/MA	2 M/MA	2 M/MA	2 M/MA
	2 nd Item (If planned)	Reduced-Fat Feta Cheese Crumbles	1 Low-Fat Cheese Stick			
	Portion	1/4 cup	1 oz			
	Contribution (oz. eq.)	1 M/MA	1 M/MA			
Grains Daily minimum: 2 oz. eq. Weekly minimum: 10 oz. eq.	Item	Whole Wheat Mini Roll	Whole Grain Tortilla	Whole Wheat Bun	Whole Wheat Pita Pocket	Whole Grain Pizza Crust
	Portion	2 mini rolls (28 g each)	2 tortillas (56 grams)	1 bun (28 grams)	1 pita pocket (42 grams)	1 slice (56 grams pizza crust)
	Contribution (oz. eq.)	2 oz = 2 oz eq.	2 oz = 2 oz eq.	1 oz = 1 oz eq.	1.5 oz = 1.5 oz eq.	2 oz = 2 oz eq.
	2 nd Item (If planned)			Brown Rice	Whole Grain Crackers	
	Portion			1/2 cup	5 crackers (0.8 oz)	
	Contribution (oz. eq.)			1 oz eq.	0.8 oz = 1 oz eq.	
Fruits If planned, 100% Juice can be <i>no more than ½ of total</i> (e.g. ½ cup) Daily minimum: 1 cup	Item	Peaches	Pineapple	Applesauce	Grapes	Mandarin Oranges
	Portion in cups	1/2 cup	1/2 cup	1/2 cup (4 fl. oz)	1/2 cup	1/2 cup
	2 nd Item (If planned)	Berry Cup	100% Orange Juice	Banana	Chilled Fruit Cocktail	Craisins
	Portion in cups	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/4 cup (credits as 1/2 cup)

Abbreviations: oz. eq. = ounce equivalent, WGR = whole grain-rich, M/MA = meats/meat alternates

Effective August 1, 2020 | FDACS Rev. 7/2021

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Vegetables Minimum 1 cup per day		Day 1	Day 2	Day 3	Day 4	Day 5
Dark Green Weekly minimum: 1/2 cup	Item		Steamed Broccoli	Romaine Lettuce	Raw Spinach	Romaine Lettuce
	Portion in cups		1/2 cup	1/4 cup (credits as 1/8 cup)	1/4 cup (credits 1/8 cup)	1 cup (credits as 1/2 cup)
Red/Orange Weekly minimum: 1-1/4 cup	Item	Baked Sweet Potato Tots		Sliced Tomato	Chopped Tomatoes / Shredded Carrots	Chopped Baby Carrots
	Portion in cups	1/2 cup		1 slice, 1/4 in. thick (credits as 1/8 cup)	1/4 cup each	1/2 cup
Beans Weekly minimum: 1/2 cup	Item		Baked Beans			Edamame Beans
	Portion in cups		2/3 cup (credits as 1/2 cup)			1/4 cup
Starchy Weekly minimum: 1/2 cup	Item	Green Peas		Corn on the Cob		
	Portion in cups	1/2 cup		3 in. cobette (credits as 1/4 cup)		
Other Vegetables Weekly minimum: 3/4 cup	Item		Diced Tomatoes, Corn, Onion, Peppers	Sliced Onion / Green Beans	Chopped Cucumbers / Mixed Vegetable Blend (Broccoli and Carrots)	Sliced Cucumbers
	Portion in cups		1/2 cup	1 slice, 1/4 in. thick (credits as 1/8 cup) / 1/2 cup	1/4 cup / 1/2 cup	1/4 cup
Other Foods	Item					
	Portion in cups					
Condiments	Item	Ketchup/Mustard	Low-Fat Sour Cream	Ketchup/Mustard		Low-Fat Ranch Dressing
	Portion size	1 Packet Each	1 packet	1 Packet Each		1 Packet

****Vegetables from any subgroup are creditable as an additional vegetable.** Additional vegetable requirements: 1 ½ cups per week for grades 9-12.

Daily Milk	White	Chocolate	Strawberry	Other (specify)
Fat content	1% or Fat-Free	Fat-Free	Fat-Free	
Fluid oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.	

Notes

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Grade Group: **9-12**

		Day 6	Day 7	Day 8	Day 9	Day 10
COMPONENTS ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternates Daily minimum: 2 oz. eq. Weekly minimum: 10 oz. eq.	Item	Bean Burrito Bowl (USDA Recipe)	Veggie and Hummus Wrap	Tempeh Tacos with Cheese	Grilled Cheese Sandwich	Macaroni and Cheese (USDA Recipe)
	Portion	1/2 cup pinto beans	1/2 cup hummus - USDA recipe E-24	2 tacos (2 oz tempeh)	2 (1 oz) slices American Cheese – USDA Foods	1 oz Low-Fat Shredded Cheddar Cheese
	Contribution (oz. eq.)	1.5 M/MA	2 M/MA	2 M/MA	2 M/MA	1 M/MA
	2 nd Item (If planned)	Reduced-Fat Shredded Cheddar Cheese		Reduced-Fat Shredded Mexican Blend Cheese		Baked Tofu Nuggets
	Portion	2 Tbsp		1 Tbsp		2.2 oz
	Contribution (oz. eq.)	0.5 M/MA		0.25 M/MA		1 M/MA
Grains Daily minimum: 2 oz. eq. Weekly minimum: 10 oz. eq.	Item	Brown Rice	Whole Grain Tortilla	Whole Grain Mini Tortillas	Whole Wheat Bread	Whole Grain Elbow Macaroni
	Portion	1/2 cup	1 tortilla (42 grams)	2 tortillas (21 grams each)	2 slices (56 grams)	1/2 cup
	Contribution (oz. eq.)	1 oz eq.	1.5 oz = 1.5 oz eq.	1.5 oz = 1.5 oz eq.	2 oz = 2 oz eq.	1 oz eq.
	2 nd Item (If planned)	Whole Grain Tortilla Chips	Whole Grain Crackers	Brown Rice		Whole Grain Breading
	Portion	12 chips (1 oz)	5 crackers (0.8 oz)	1/2 cup		0.8 oz
	Contribution (oz. eq.)	1 oz = 1 oz eq.	0.8 oz = 1 oz eq.	1 oz eq.		1 oz eq.
Fruits If planned, 100% Juice can be <i>no more than ½ of total</i> (e.g. ½ cup) Daily minimum: 1 cup	Item	Fresh Berry Cup	100% Apple Juice	Orange Wedges	Melon Cup	Strawberries
	Portion in cups	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
	2 nd Item (If planned)	Red Grapes	Pineapple Chunks	Raspberries	Raisins	100% Pineapple-Mango Juice
	Portion in cups	1/2 cup	1/2 cup	1/2 cup	1/4 cup (credits as 1/2 cup)	1/2 cup

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Vegetables Minimum 1 cup per day		Day 6	Day 7	Day 8	Day 9	Day 10
Dark Green Weekly minimum: 1/2 cup	Item	Roasted Broccoli	Raw Spinach		Romaine Lettuce	
	Portion in cups	1/2 cup	1 cup (credits as 1/2 cup)		1 cup (credits as 1/2 cup)	
Red/Orange Weekly minimum: 1-1/4 cup	Item	Pico de Gallo (USDA Recipe) / Tomato Paste	Shredded Carrots	Sliced Red Peppers	Cherry Tomatoes / Baked Sweet Potato Fries / Shredded Carrots	Baby Carrots
	Portion in cups	1/2 cup / 1 TBSP paste = ¼ cup	1/4 cup	1/4 cup	1/4 cup / 1/2 cup / 1/4 cup	1/2 cup
Beans Weekly minimum: 1/2 cup	Item			Pinto Beans		
	Portion in cups			½ cup		
Starchy Weekly minimum: 1/2 cup	Item		Roasted Potatoes			
	Portion in cups		1/2 cup			
Other Vegetables Weekly minimum: 3/4 cup	Item	Chopped Onions	Sliced Green Peppers / Chopped Cucumbers	Avocado Slices / Shredded Rainbow Lettuce: Red Cabbage & Iceberg	Sliced Cucumbers	Celery Sticks / Sliced Yellow Peppers
	Portion in cups	1/8 cup	1/4 cup / 1/4 cup	1/4 cup / 1/4 cup	1/4 cup	1/4 cup / 1/4 cup
Other Foods	Item					
	Portion in cups					
Condiments	Item	Low-Fat Sour Cream		Taco Sauce	Low-Fat Salad Dressing	Ketchup/Low-Fat Ranch Dressing
	Portion size	1 Packet		1 Packet	1 Packet	1 Packet Each

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Daily Milk	White	Chocolate	Strawberry	Other (specify)
Fat content	1% or Fat-Free	Fat-Free	Fat-Free	
Fluid oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.	

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